

Regular Line

	BREAKFAST	LUNCH	DINNER
M O N	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Cream Sausage Gravy Hashbrowns Blueberry Pancakes Biscuits/Breakfast Gravy	Chicken Noodle Soup Cream of Broccoli Soup Country Fried Steak Creole Fish Mashed Potatoes/Gravy Steamed Broccoli Creamed Corn Dinner Roll	Soup Du Jour Meat Loaf/Brown Gravy Au Gratin Potatoes Asparagus Carrots Panini Roll
T U E S	Bran Muffin Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash Lyonnaise Potatoes French Toast Biscuits/Breakfast Gravy	Navy Bean Soup Vegetable Soup Polish Sausage with Peppers Chicken Tenders Onion Rings Green Beans Hoagie Rolls	Soup Du Jour New England Boiled Dinner With Potatoes Carrots Cabbage Cornbread
W E D	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Sausage Link Creamed Chipped Beef Baked Beans/Cornbread Home Fried Potatoes Biscuit/Breakfast Gravy	Minestrone Soup Cream of Asparagus Soup Cabbage Rolls Spaghetti with Meat Sauce Mixed Vegetables Collard Greens Garlic Texas Toast	Soup Du Jour Fried Chicken Macaroni and Cheese Green Peas Steamed Beets Golden Dinner Roll
T H U R S	Coffee Cake Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Corned Beef Hash O’Brien Potatoes Strawberry Pancakes Biscuit/Breakfast Gravy	Cream of Mushroom Soup Split Pea Soup Fish Strips Meatball Sub Lima Beans Corn on the Cob	Soup Du Jour Stuffed Pork Chop Stir Fried Rice Turnip Greens Squash Medley Panini Rolls
F R I	Cinnamon Rolls Oatmeal/Grits Eggs to Order/Hardboiled Eggs Oven Baked Bacon Scrapple Hashbrowns French Toast Biscuit/Breakfast Gravy	Clam Chowder Knickerbocker Soup Assorted Pizza Tuna Salad Cauliflower Blackeye Peas	Soup Du Jour Grilled Ham Steak Mashed Potatoes Green Beans or Eggs to Order Belgian Waffle/Strawberries Biscuits Grits
S A T	Blueberry Muffin Oatmeal/Cream of Wheat Eggs to Order/Hardboiled Eggs Oven Baked Bacon Creamed Ground Beef Lyonnaise Potatoes Buttermilk Pancake Biscuit/Breakfast Gravy	Cream of Potato Soup Vegetable Soup Lasagna Sweet and Sour Ribs Oven Fried Potatoes Oriental Vegetables Club Spinach	Soup Du Jour Veal Scallopini Garlic Smashed Potatoes Broccoli & Cheese Country Corn Dinner Rolls
S U N	Danish Pastry Oatmeal/Grits Eggs to Order/Hardboiled Eggs Grilled Ham Slice Oven Baked Bacon Baked Beans/Cornbread Hashbrowns Biscuit/Breakfast Gravy	Cream of Tomato Soup Turkey Noodle Soup Crab Cakes Grilled Chopped Steak/Gravy Loaded Potato Casserole Carrots Amadine Green Beans	Soup Du Jour Whole Roast Turkey Baked Sweet Potatoes Asparagus Casserole Corn on the Cob Panini Rolls

DESSERTS

Mon	Lemon Meringue Pie	DL Apple Pie, No Sugar Added
Tues	Peanut Butter Cookies	DL Choc Chip Cookies, Sugar Free
Wed	Choc Layer Cake	DL Choc Cake with Cherries
Thurs	Apple Crumb Pie	DL Sponge Cake with Fruit
Fri	Sweet Potato Pie	DL Cheesecake
Sat	Boston Cream Pie	DL Cherry Pie, No Sugar Added
Sun	Walnut Cream Cake	DL Banana Pudding, Sugar Free

DAILY SHORT ORDER LINE

Grilled Hamburger
Grilled Hotdog
Grilled Chicken Breast
Grilled Cheese Sandwich
Sauerkraut/Chili
Lettuce/Tomato/Onion
Steak Fries

Diet Line Menu #4 – Week of

Items with DL before the menu name indicates this item has been modified to be lower in calories, fat and/or sodium than the Regular line item. The Diet Line is designed to promote healthier eating and can be used to adhere to most modified diets. Residents who require a therapeutic diet are advised to make an appointment with the Registered Dietitian for one-on-one consultation.

	BREAKFAST	LUNCH	DINNER
M O N	Oatmeal/Grits Eggbeaters Hardboiled Eggs DL Ham Slices Biscuit/DL Gravy	DL Cream of Broccoli Soup Baked Fish DL Mashed Potatoes Steamed Broccoli Cream Corn	Soup Du Jour Meat Loaf/DL Gravy DL Au Gratin Potatoes Asparagus Carrots Panini Roll
T U E S	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup Baked Chicken Tenders Baked Potatoes Green Beans Yellow Squash	Soup Du Jour Roast Beef Boiled Potatoes Carrots Cabbage
W E D	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Minestrone Soup Spaghetti with Sauce Mixed Vegetables Collard Greens Garlic Texas Toast	Soup Du Jour Baked Chicken DL Macaroni and Cheese Green Peas Steamed Beets Golden Dinner Rolls
T H U R	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Cream of Mushroom Soup Lemon Baked Catfish Lima Beans Corn on the Cob	Baked Pork Chop DL Stir Fried Rice Turnip Greens Squash Medley Panini Roll
F R I	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Bacon Biscuit/DL Gravy	DL Knickerbocker Soup DL Veggie Pizza Cauliflower Blackeye Peas	Soup Du Jour Vegetarian Cutlet DL Mashed Potatoes Green Beans Carrots
S A T	Oatmeal/Cream of Wheat Eggbeaters Hardboiled Eggs DL Creamed Ground Beef DL Lyonnaise Potatoes Biscuit/DL Gravy	DL Vegetable Soup Vegetable Lasagna Oriental Vegetables Club Spinach	Soup Du Jour Braised Veal DL Garlic Smashed Potatoes Steamed Broccoli Country Corn Dinner Rolls
S U N	Oatmeal/Grits Eggbeaters Hardboiled Eggs Turkey Sausage Link Biscuit/DL Gravy	DL Turkey Noodle Soup Grilled Chopped Steak/Gravy DL Potato Casserole Carrots Amadine Green Beans	Soup Du Jour Whole Roast Turkey Baked Sweet Potatoes Asparagus Corn on Cob Panini Rolls

BREAKFAST STANDARD MENU ITEMS

Prunes, Bagel, English Muffin, Syrup, SF Syrup, Bananas, Grapefruit Sections, Fruit Deluxe, Applesauce, Cream Cheese

STANDARD MENU ITEMS ALL MEALS

Asst Bread, Asst Dry Cereal, Asst Juice, Asst Milk, Asst Beverages, Coffee, Decaf Coffee, Tea, Tea Bags, Butter, Margarine, Sugar, Sugar Substitute, Salt Pepper, Asst Condiments

STANDARD SALAD BAR ITEMS FOR LUNCH/ DINNER

Lettuce garnished w/romaine leaves, Cherry Tomatoes, Cucumbers, Chopped Onions, Celery Sticks, Sliced Pickles, Carrot Sticks, Shredded Cheese, Coleslaw, Bacon Bits, Sliced Beets, Sliced Peppers, Broccoli Florets, Green Olives, Jalapeno Peppers

STANDARD SALAD DRESSINGS

Bleu Cheese, Catalina French, Ranch, Thousand Island, Fat Free Italian, Balsamic Vinegar, White Vinegar, Olive Oil

DAILY SALAD BAR ROTATION

Mon: Pineapple Chunks, Macaroni Salad
Wed: Pear Halves, Potato Salad
Fri: Apricot Halves, Three Beans Salad
Sun: Fruit Cocktail, Carrot & Raisin Salad

Tue: Peach Slices, Marinated Cucumbers
Thurs: Pineapple Slices, German Tomato Salad
Sat: Mandarin Oranges, Pasta Salad